



Ready, Set, GOALS

Session Overview

This session explains the MOVE! program and reviews weight self-management, being involved in your health care, goal setting, and logging food and physical activity regularly.

OBJECTIVES FOR SESSION

1. Learn about MOVE!
2. Meet your teammates
3. Discuss weight self-management
4. Set goals for weight loss, physical activity, and diet

SESSION PREPARATION

- Have the following materials available to share with participants:
 - S02 Set Your Weight Loss Goals
 - S08 Food and Physical Activity Diary
 - S11 Getting the Most out of MOVE!
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
 - M06 Body Mass Index
 - Why I have joined MOVE! worksheet
 - Be Involved in Your Health Care Healthy Living Message
 - Be Involved In Your Health Care video
- Facilitate the session so that most of the talking comes from the participants and less from the leader.
- Your role is to facilitate discussion without lecturing.

Session Outline (60 minutes)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 minutes)
- Putting It All Together (10 minutes)

CHECK-IN (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.

DISCUSSION TOPICS (40 minutes)

Introduction

- Welcome everyone to the session.
- Use an icebreaker for participant and team member introductions. (i.e. “my name is _____ and one thing I’m proud of is _____”)
- Establish Ground Rules or Guidelines for Mutual Respect. Offer a brief core set of guidelines (e.g., “please turn off cell phones; have one conversation at a time; keep everything shared by members confidential”...) Ask group for any additions.
- Describe the purpose of the orientation class and give an overview of the other sessions in the program. Clarify logistics such as length of each session (60 minutes) and location. Discuss ways to get the most out of the program for participants, including active participation in discussions and attendance. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.

Discussion #1: What is MOVE! and why is it important to me?

- MOVE! is the weight management program designed to help Veterans self-manage their weight loss through learning, discussion, reflection, and the support of others. The group sessions will focus on the various aspects of weight management including nutrition, physical activity, and behavior change.
- If desired, facilitator can share a MOVE! success story and outcomes such as 650,000+ Veterans have participated, total pounds lost, or video of Success Story.
- Briefly explain how BMI is determined, and invite participants to use the chart in [M06 Body Mass Index](#), after session, to find his or her BMI.
- Ask what makes weight management important to them. Can use 0–10 ruler to clarify how important, then follow with “Why is it a 6 and not a 1?”...

Discussion #2: What is weight self-management?

- Ask, “When I say “weight self-management,” what thoughts come to mind?”
- Write the word “Self-Management” on a flipchart or board and then record participants’ responses to the question above.

Self-Management:

Start by asking what they might do to manage their weight, what actions they might take and what it might look like. If no one gives input, offer some of the bulleted items below:

- Understand, actively participate in, and take responsibility for your weight management.
- Set your weight loss goals with guidance from your team.
- Learn new skills to achieve these goals, such as:
 - Self-monitoring
 - Planning and preparing
 - Problem-solving
- Explain that skills such as planning, preparing, and problem-solving will be addressed during later sessions and that the remainder of this session will focus on goal setting and self-monitoring.
- “It takes a team! We talk about this being a supported self-management program, but there’s a whole team involved to help support you along the way. My role is to provide you with nutrition, physical activity, and behavior change information, tools and resources. You may see your role as deciding what will work best for you, and then implementing it. We’ll figure out together what else you need to be successful.”
- Remember that participants report groups as most helpful when they have the opportunity to speak up and share. Sharing what works and doesn’t work for them and learning from each other can be very valuable. This is more important than covering handouts. Use the handouts as optional tools, not required content.

Discussion #3: How involved should I be in my health care?

- Consider using the handout [S11 Getting the Most out of MOVE!](#) and the [Be Involved in Your Health Care Healthy Living Message](#) and/or video to facilitate a conversation about being involved in weight loss and behavior change. You may choose to ask, “Which of the ideas on handout S11 appeal to you/would you choose/ seem doable?”

Stretch Activity (2 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises. This is also a good opportunity to share with participants the negative effects of prolonged sitting and inactivity in general and the surprising benefits of even 5 minutes of stretching.

Ask participants to join you, if they wish, in doing the following stretch activity:

Invite participants to stand up if they are able. If not, they may remain seated.

Simple Stretch:

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

Discussion #4: How do I set goals and make action plans?

- Refer to the [Why I have joined MOVE! worksheet](#) and invite participants to complete it independently after today’s session (be mindful of those who may have literacy problems; give an option to orally express an answer).
- Some participants may want to share their ideas during the session. Invite sharing from a few who have not yet spoken up if possible – “How about others’ reasons for being here and considering change?”
- Use MOVE! handout [S02 Set your Weight Loss Goals](#) to discuss the importance of setting SMART goals and reviewing those goals at each session. They can be changed as needed. Remind participants to set realistic, achievable goals.

Discussion #5: How do I log in my Daily Food and Physical Activity Diary?

- Ask participants why weighing daily and keeping a log might be important behaviors to achieve weight loss goals. After evoking why they are helpful, ask participants how they feel about keeping a log. Empathize, reflect any concerns raised, and allow the group time to come up with solutions to difficulties discussed. This is not always easy for people to do, but it has been shown to boost success. Use your motivational interviewing and *TEACH* skills, such as reflection, when responding to any challenges or feelings raised. Invite group members to respond to each other. Resist the urge to tell them all about it!
- Distribute handout [S08 Daily Food and Physical Activity Diary](#).
- Ask participants to log food and activity for the duration of the program. For now, recommend that participants simply write down all food and drinks consumed and any physical activity completed each day. Explain that the diary will be discussed at every session.

PUTTING IT ALL TOGETHER (10 minutes)

Session recap:

- Summarize key points discussed during today's session.

Goals and action planning for the next week:

- Go around the group and invite Veterans to share their goals. Ask the group to help those who are having difficulty setting goals.
- The facilitator may want to write down the goals to document in CPRS, and facilitate participants' tracking of their stated goals.
- Ask, "What was most helpful today? What could have been better?"

Homework for next week:

- Encourage participants to begin recording weight daily, logging all food and physical activity, and bringing their log to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).
- Remind participants to bring their MOVE! Handout Booklet and any other needed class materials.

Topic for next week:

[Eat Wisely to Tip the Balance](#)